

# JUST TALK ABOUT IT.

**CALL OR TEXT 988**

It's a completely confidential call.  
No one will know you called except for you.

Call or text any time.  
Open 24 hours a day.

You can also chat online  
at [988lifeline.org](http://988lifeline.org)

Don't be afraid  
to ask for help.

*Talking about  
suicidal thoughts  
helps reduce  
the pain.*

*If you or a friend  
are having suicidal  
thoughts, just talk  
about it...to a friend,  
to a teacher, to a  
coach, to a leader,  
to us...but TALK!*

**988**  
SUICIDE  
& CRISIS  
LIFELINE

JUST  
**TALK**  
ABOUT IT!

ALABAMA  
PUBLIC  
HEALTH